

# **Ka war-haynta, Ka jawaabka iyo Ka kabsashada Masiiboyinka**



**Memphis and Shelby County  
Emergency Management Agency  
P.O. Box 111249  
Memphis, TN 38111  
901-458-1515**

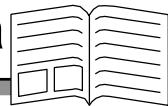
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## Boga



# War-haynta Masiiboyinka



Warqadan dukumentiga ah waxaa diyaariiyey the Memphis/Shelby County Emergency Management Agency (EMA) waxayna ku saabsan tahay sidaad u heli lahayd xeerarka u degan masiiboyinka han-qoto ka war-haynta masiiboyinka iyo caawinad sidaad u heli lahayd masiiboyinka ka dib.

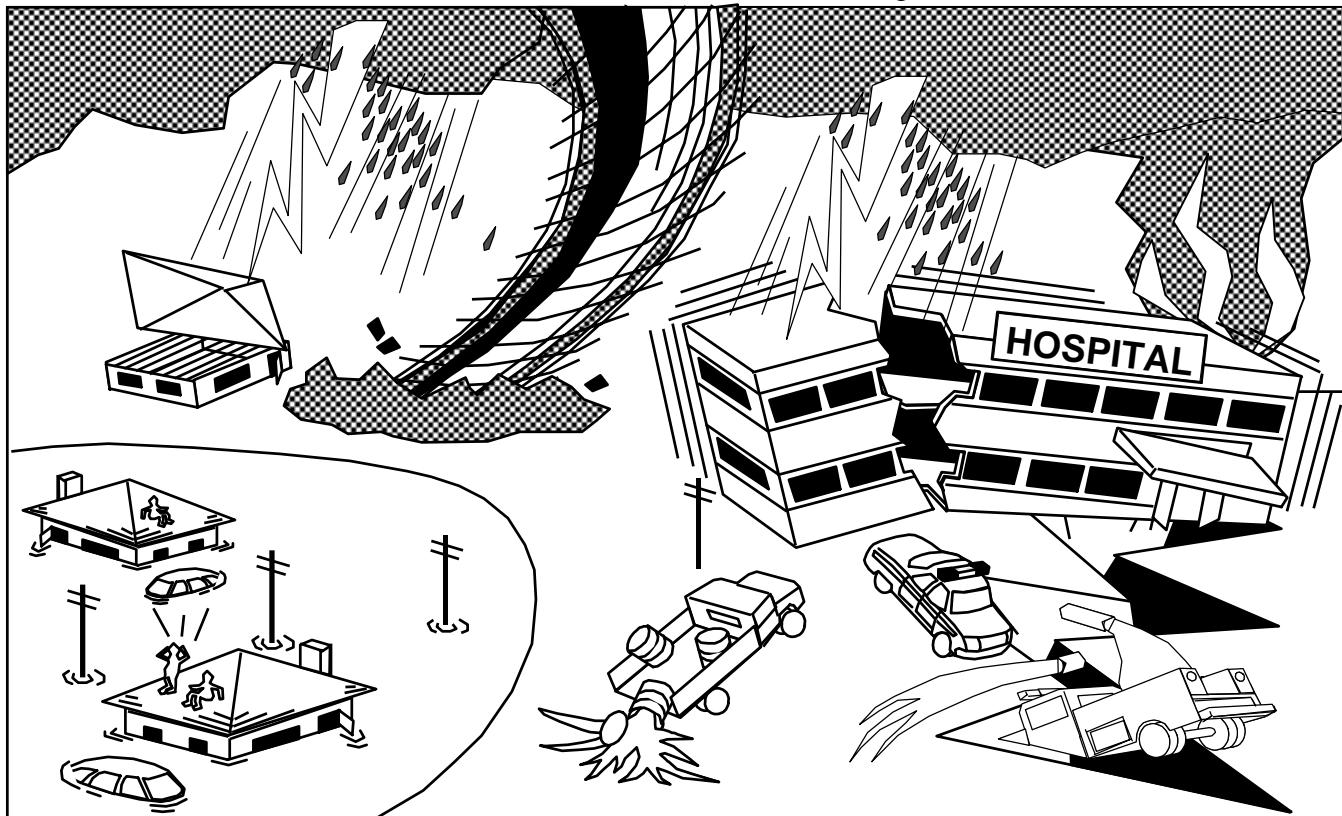
Waxaa ka mid ah Khatar aad la kulmi karto intaad joogto Degmada Shelby County ama aad safreysyo:

## Dhacdooyinka Degmada

- Dabka
- Sunta Khatarta ah
- Ufo(dabeyl-xoogbadan)

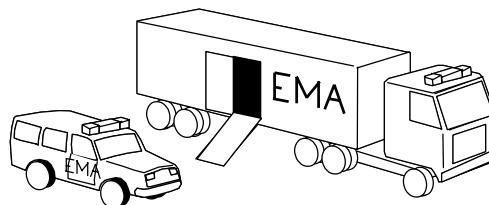
## Dhacdooyinka Gobolada

- Dabeesha Jilaal(Qabowga)
- Daadka
- Duufanta
- Dhul-gariirka



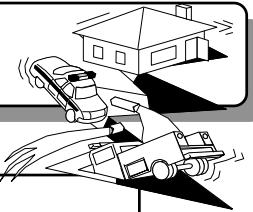
The Memphis/Shelby County Emergency Management Agency waa WaKaalad loo sameeyay in-aay caawinaad ufidiso dhamaan dadka dagan Degmada Shelby County iyo agagaarkeeda. Wixii ku saabsan masiiboyinka. Wakaaladu waxay furan tahay malin walba(7day/week) iyo saacad walba (24saac) Waxadna kala xiriiri karta Telefonka ah 901-458-1515. Shaqooyinka Wakaaladu qabato waa kuwa hoos ku qoran:

- Hagaajinta & ka shaqeynsiinta Seerida(Firimbiga) banaanka ka qeyliya.
- Tacliinta & Tababarka ku saabsan Masiiboyinka.
- Isku-dubbaridka Wakaaladaha Degmoyinka & Gobolka.
- Qiimeyn taalliqi dhibatooyinka masiibada keento.
- War-bixin maalmeedka ku saabsan Masiiboyinka iyo gaarka deg-dega.





# Dhulgariirka



Masiiboyinka khatarta ah ee ka dhaca degmooyinka and gobolada waxaa ka mid ah dhulgariirka. Xeerarka hoos ku qoran waxay kaa cawini karaan haddii dhulgariir dhaco.

## Guriga, Shaqada ama Iskuulka

- **Gabbo** meel gees ah ama miis culus hoostiisa.
- **Daboolo** Wajiga & Madaxa.
- **Hayso** ilaa dhulgariirka istaago.

## Garoomada ama Shalemoyinka

- **Gabbo** kurisaga gadaashisa meesha ugu hooseysa.
- **Daboolo** Wajiga & Madaxa
- **Hayso** ilaa dhulgariirka istaago.

- Haddii ay dhacdo ineysan jirin meel aad ku gabbato waa inaad ka dherata dirishidaha aadna daboolata wajiga iyo madaxa.
- Ka fogow dhalooyinka sida (diriishadaha, armaajoyinka)
- Ha ubixin banaanka inta dhulgariirka socdo (Dad badan ayaa ku naf- baxay waxyaalaha ka soo daata guryaha sida dhalooyinka iwm).
- Iska ilaali waxyalaha kasoo dhacaya guryaha sida (Bulukeetiyyada, Dhalooyinka, Mar-maarta iwm).
- Ha raacin wiishka dadka qaada(sababto ah wuu istaagi karaa).
- Hala yaabin haddii dab sheegaha(fire alarm)ama biyaha dabka damiya aay is shidaan.

## Intaad gaariga Kaxayneysyo

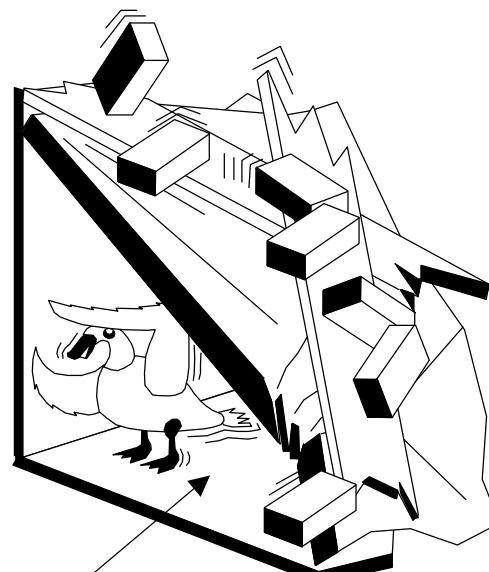
- Meel gees ah u bax istaagna.
- Ha istaagin meel u dhow filio koronto ama buundooyinka hoostooda.
- Sug ilaa dhulgariirka istaago.

## Banaanka

- Ka dheerow sararka, geedaha, fiiloyinka iwm.

## Kursiga dadka curyanta ah

- Meeshada joog haddii aaysan khatar weyn ah ku heysan.
- Meel daboolan ka gal haddii aay suurto gal tahay.
- Lugaha gaariga xir.
- Daboolo wajiga & madaxa.

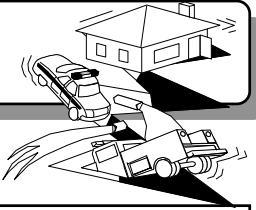


Saddax xagalaha "nolosha"

**Gabbo!**  
**Daboolo!**  
**Hayso!**



## Kabsashada dhulgariirka



Dhulgariirka kadib dadka badankood waxaa ku dhaca argagixis. Xeerarka hoos ku qoran waxay ka cawini karaan sidad kaga kabsan lahayd dhulgariirka.

### Talaabooyinka ugu horeeya

- Iska hubi in dhawac ku garay iskana gargaar.
- Dami wixii dab ah ee yar.
- Iska ilaali dhalooyinka meelaha ku jajabay iwm.(gasho kobo & gacan gashi).
- Xir tuboooyinka &(Tubada weyn ee guriga u keenta biyaha).
- Dami korontada(waa intaas oo dab dhacaa)
- Hadaad uriso gaas waa inaad furta albaabada iyo dirishadaha. Shidaalkana dami oo gurigana ka bax. Ogow:mar hadad damiso shidaalka shirkada shidaalka unbaa kusoo furi karta.
- Hubi guryaha dariska shidaal ka urayo sababto ah haddii qarax yimado waxaa suurto gal ah in gurigaada & guryaha dariska wax gaaro.
- Iisticmaal toosh intaad isticmaali lahayd dab. Nal ha shidin sababta oo ah danab yuu dhalin karaa haddii gaas daadanayo.

### Talaaboovinka la xiriira kuwii hore

- Daawee dhaawaca.
- Ka dhageyso radiyaha wixii tilmaan-bixin ah.
- Nadiifi dhalooyinka,suntii qubata.
- Aruуро keydkaada kana tag guriga.
- Fur armaajoyinka iyo qasnadaha haddii aay alab ka daadatay.
- Isu diyari dhulgariirka yar.
- Cab biyo sifaysan ah.
- Ku dadaal nadaafada.



### Qalabka ka hor-

#### taga

- Koofiyad
- Ookiyaale
- Waji-shareer
- Gacmo xir
- Kobaha buudka

### Biyaha

- Biyaha waa inad iska sifaysa adigo isticmaalaya mirayaal kala duwan sida istiraashoyinka nadiifka ah,ama filterada bunka ama dhar nadiif ah adigoo ku shabaya biyaha dhalo ama weel nadiif ah. Ogow: Ha isticmaalin haddii weelka ama dhalada ay ku jireen sun.
- Karkari biyaha ugu yaraan 5 daqiqo. Karkari inka badan intaas hadad awodo.
- Hadaadan karin karin biyaha markaad sifayso kadib ku dar kiniiniga la socda qalabka masiiboyinka (Iisticmaal tilmaan-bixinta dhalada)
- Biyaha waxaa laga shuban karaa tuboooyinka adigoo furaha tubada ima ugu koreysa si (aaryo usoo gasho) kana shubo biyaha furaha tubada hooseysa.
- Biyo waxaa kale oo laga heli karaa haanta biyaha kuleylisa adigoo isticmalaya nidaamka hos ku qoran:
  1. Dami gaaska ama korontada haanta
  2. Xir furaha tubada ee(hanta udhow)
  3. Fur tubada kore is aaryo uhelo
  4. Ka miro biyo tubada hoose ee hanta

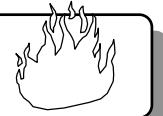
### Nadaafada

- Bac ayaad ku guri kartaa wixii qashin ah ilaa waqt go'an.
- Hadaad rabto waaxad musquusha ku isticmali kartaa biyaha barkada lakiin waa inaad cabin.
- Haddii meyd yimado waa inaad ku duubtaa maro nadiif ah mel qabow ahna dhigta. Ogeysii booliska ama dowlada. Xaywaanadka lakiin waxad ku duugi kartaa meel kuu jirta 3ft to 4ft godweyn kuna shub warankiilo ama liin.



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# Dab-damiska



## Saddex-xagalaha

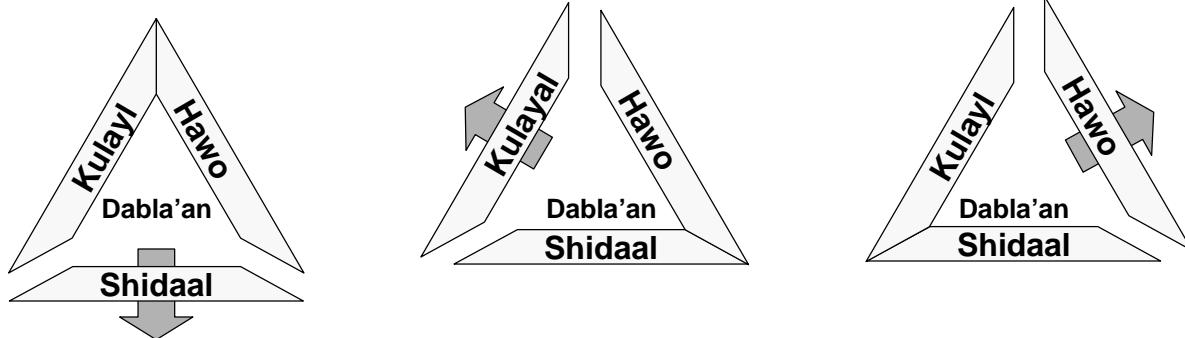
### dabka:

Dabka wuxuu u baahan yahay saddexda soo socota:

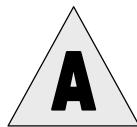
- Shidaall
- Kulayl
- Hawo



Haddii mid ka mid ah uusan jirin dabka ma daarmo.



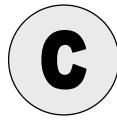
Dabka wuxuu uqeybsamaa (waxay ku xiran tahay shidaalka gubanaya):



Waxyaalaha  
Guban og



Dareeraha  
Guban og



Qalab  
Koronto

#### Nooca ama Ceynka A

- Waxyaalaha guban og waxaa ka mid ah(Waraaqadaha,alwaaxda, goomaha, iwm)

#### Nooca ama Ceynka B

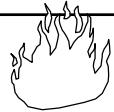
- Dareeraha ama hooraha guban oh (shidaalka,saliida,rinjiga iyo wixii la xiriira)
- Dareerayasha qarxi kara (Dhuxusha,Naftada iwm.)

#### Nooca ama Ceynka C

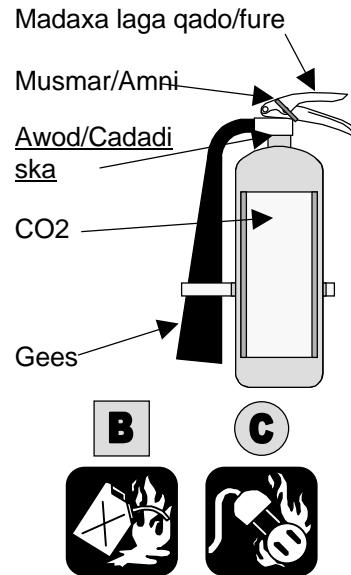
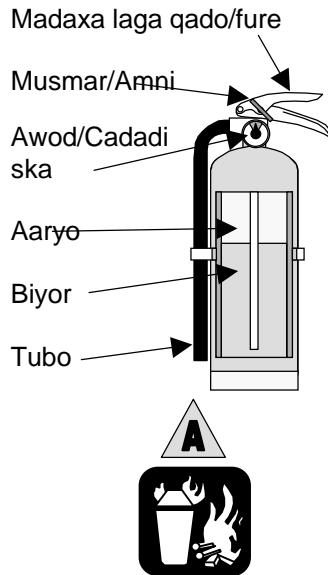
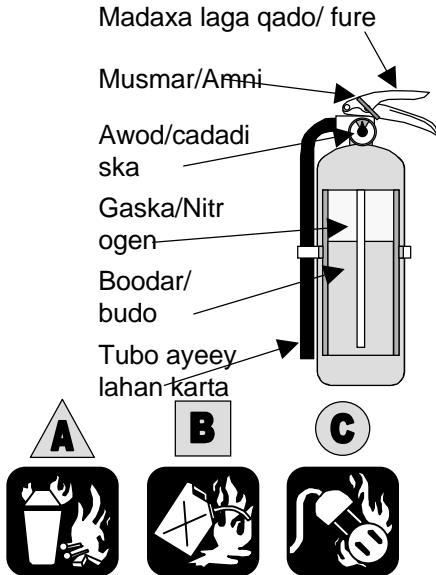
- Qalab koronto oo shidan



# Dab-damiska



Qalabka dab-damiska iyo sidey uqeybsamaan:



## Kiimikada qalalan ee dab-damiska

- Waxaa loo isticmala qeybaha A, B, iyo C ee dabka (qaar baa ah B, C Kaliya – hubi calaamada)
- Rid waqtiga: 10 - 20 ilbiriqsi
- Inta udhaxeysa: 8 – 12 feet
- Waad celinkartaa hadad dontid
- Buuxi markad dhameyso
- Aaryada ayuu dabka kasaara

## Dab-damiska biyaha

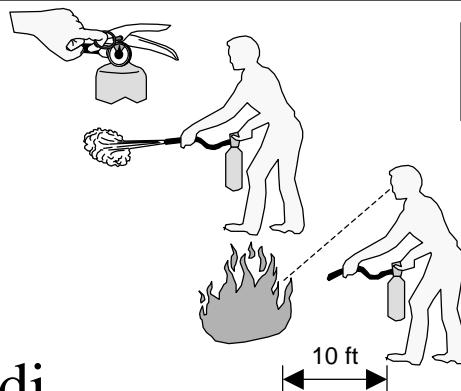
- Waxaa loo isticmaala qeybaha dabka, A
- Inta udhaxeysa: 30 – 40 feet
- Si dagan u isticmaal si aan dabka ufidin
- Kuleylka ayuu dabka ka saara

## Carbon Dioxide (CO<sub>2</sub>) Dab-damiska

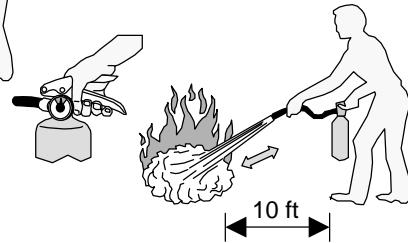
- Waxaa loo isticmaala qeybaha B,C ee dabka
- Inta udhaxeysa: 8 - 12 feet
- Qabow ayeey tubada noqon karta
- Tubada maaso ayeey sameysaa
- Dabkana Hawada ayeeyka saarta

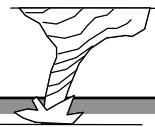
Isticmaalka dabdamiska:

- Jiid
- Tijaabi
- Ku beegid
- Riix/Cadaadi
- Xaaqid/Fiiqid



Ogow: Qabo dabdamiska korna u hay





Ufada waxay ka dhalataa onkodka diiran iyo hawada qabow markay isku darsamaan. Warbixinta ama macluumadka hoos ku qoran waxay kaa cawinayaan sidaad ugu diyaar noqon laheyd haddii Ufo dhacdo.

**Diyaargarowga Ufada/Duufanta**

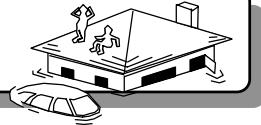
- Waa inaad heshaan(Reerka iyo Adigaba) meel amni ah ee guriga dhexdiisa haddii aay ufo ama duufan dhacdo ama intay socoto.
  - Ka dheerada dirishadaha
  - Dhulka hoostiisa ayaa ugu amni fiican
  - Hadaan guriga laheyn dabaq hoose ee la galo waa inaad isticmaashan guriga dhexbartankiisa ama qolka guriga ugu hooseeya
  - Waa'in dhowr darbi badan idin dhaxeeyan idinka iyo ufada/duufanta
- Dabaqyada dhaa-dheer
  - Gal guriga dhexbartankiisa
- Guriga gaariga ka sameysan
  - Tag meel aad oga gabato ufada/duufanta sida dhismaha waaweyn
- La soco dhamaan digniinaha meeshad jogto sida firimbiga qeyliya.
- Hadaad awoodo gado raadiyaha sheega cimilada. Waa inaad saarta mowjada cimilada sidaad wixii warbixin ah oga dhageysato.
- Waa inaad qaadata raadiyaha,telefisyoonka sidaad ola socodit jawiga cimilada.
- Hubbi haddii caruurta iskuulkooda ama xanaanadooda lee dahay aqbaarta ku saabsan xaaladaha deg-degga ah sida ufada/duufanta.
- Kala tasho reerkada / tababarna kusii haddii aay ufo/duufan dhacdo si qof walba aaysan cabsi ugalin.

**Ilaalada Ufada/Duufanta**

- *Ilaalada Ufada/Duufanta*: Waxaa loola jeeda xaaladaha keena ufada/duufanta inaay dhacdo ayaa suurta gal ah.
- Ka dhageyso raadiyaha ama telefisyoonka wixii ku saabsan cimilada iyo aqbaarta ugu dambeysa.
- Diyaargareyso hadaad raadiyaha cimilada heysato.
- Iska ilaali isbad-badalka cimilada. Iska ilaali barafka sida robka usoo da'a. La soco firdhaadka iyo guuxa ufada/duufanta iyadoo dadka badankood ku sheegen guuxa sida tareenka.

**Digniinta Ufada/Duufanta**

- *Digniinta Ufada/Duufanta*: Waxaa loola jeda in ufo/duufan lagu arkay raadarka ama dad aay arkeen.
- Hadaad maqasho firimbiga qeyliya ama raadiyaha ka maqasho waa inaad raadsata hoy aad ka gasho.
- Hadaad guriga jogto isku diyaari ufada/duufanta tagna qolka ugu amni badan.
- Hadaad dabaqyada dhaa-dheer dagan tahay fadlan gal guriga dhaxbartankiisa.
- Hadaad ku jirto guryaha gaariga ka ka sameysan raadso dhismo culus.
- Hadaad gaariga ku jirto raadso dhismo aad ufada/duufan oga gabato. Hadaan dhismo jirin raadso howd aadka gasho daboolo madaxa dhulkana seexo.
- Ka fogow meelaha saqafyada weyn sida shaleemoyinka,maqaayadaha,dukaamada waaweyn iwm sababtoo ah waxaa suurto gal ah in saqafyada soo dumaan.



## Divaar-garowga Daadka

- Samee qorshe ku saabsan diyaargarowga masiiboyinka.
- La soco khatarta daadka xaafadaada uu ku hayo.
- La hadal wakiilka ceymiska inaad leedahay ceymis ku saabsan daadka.
- Samee qorshe ku saabsan daad-gureyn.
- Kala hadal reerka daadka iyo qasaaraha uu keeno.
- Hadaad awoodo gado raadiyaha cimilada/.Saar mowjada cimilada ka dhageyso jawiga cimilada ogu dambeeyaa.
- Dukumentiyada muhiimka kuu ah gasho (qasnad sida mida bangiyada).

## Xeerarka guud ee daadka

- Hadaad la kulanto daaad fadlan raadso meel bur ah ama raadso jid kale.
- Haku socon hana ku dabaalan daadka Waxaa suurto gal ah in meeshu tahay hog. Iskana ilaali firdhaadka biyaha hoostooda ku jira. Ogow: dadka badankood waxaa qada daadka iyagoo isku dayaya iney gudbaan.Taasna waxay keenta dhawac ama dhimasho.
- Haysku dayin inaad gaariga ku dulwado meelaha daadka sababtoo ah waxaa suurta gal ah in daadka kula tago.Dhawacyada badankood wuxuu ka yimaada dadka isku daya inay gaariga ku dulwadaan daadka ama ku cayaaran.
- Iska ilaali masaska la yimada daadka.
- Iska ilaali biyo-mareenka sababtoo ah ma xasilna.
- Tuur cuntada daadka gaarta .korkaada ka dhowr biyaha daadka sababtoo ah waa cudur socda.

## Ilaalinta Daadka

- *Ilaalinta daadka*: waxaa loola jeeda xaaladaha keena daadka ayaa sahlan mudada 12 ilaa 36 saacadood.
- Dhageyso raadiyaha ama telefisyoonka wixii ku saabsan jawiga cimilada.
- Iska ilaali xaaladaha cimilada iyo isbad-dabalkooda. Iyo wadadaad oga badbaadi lahayd.
- Hadaad dagan tahay xaafad daadka ku badan waa inaad:
  - Biyo nadiif ah ka buuxi waaskada,dhalooyinka. Haddii biyaha la cabu ay wasaqooban.
  - Alaabta guriga sida(kuraasta,telefisyonka, miisaska iwm) saar meel sare biyana kasoo gaari karin.
  - Haddii wakiil dowlaadeed kuu sheego korontada inaad damiso n dami sababtoo ah dab ayaa ka kici kara.
  - Banaanka ka keen alabta oo dhan.
  - Udiyaargarow haddii daad-gureen timado.Hubsana inaad heysato dukumentiyada mahiimka kuu ah.
  - Gaariga shidaal ka buuxso haddii daad-gureen timaado.

## Ilaalinta Daadka

- *Ilaalinta daadka*: waxaa loola jeeda daadka khatarta ah baa suurto gal ah ama soo socda inta udhaxeysa 30 daqiqo ama saacad gudaheeda.
- Dhageyso raadiyaha ama telefisyoonka wixii ku saabsan jawiga cimilada.
- Iska ilaali cimilada iyo isbad-badalkeeda.
- Isku diyaari daadgureen haddii aay xag dowlaadeed ka timado.



Jawiga cimilada waa'ay xumaan kartaa xiliwalbo marka waa inaad udiyaargarowdaa.

**Diyaargarowga Dabeesha Jilaal(Qabowga)**

- Hubi in gaarigada udiyaargareysan yahay qabowga sida(batari fiican,biyo,iwm).
- Gado hadaad awoodo raadiyaha loogu talagalay cimilada sidaad warbixinaha ugu dambeeya oga dhageysato.

**Digniinta Jilaalka(Qabowga)**

- ***Digniinta Jilaalka(Qabowga)*** : waxaa loola jeeda xaaladaha keena qabowga jilaal ayaa suurto gal ah.
- Dhageyso raadiyaha ama telefisyoonka wixii digniin ah ee ku saabsan cimilada.
- Raadiyaha cimilada hadaad heysato soo dhaweyso.
- Iska ilaali isbad-badalka cimilada.

**Digniinta dabeylaha Jilaal**

- ***Digniinta dabeylaha Jilaal***: waxaa loola jeeda dabeyl ama qabow ayaa fooda nagu soo haya. .
- Taxadir haddii baraf yimaado/ iskana ilaali wixii dhibaato kuu keeni kara xag caafimad.sida wadno xanuunka
- Fur dhamaan armaajoyinka iyo tubada in yar si tubada barax u noqon.
- Gasho dhar badan iskana ilaali dharka ugu dhagan.
- Daboolo madaxa.
- Koolbo aaryo waxay ka yimada hadduu qabow ku galo.

**Dadka Halista usaaran Koolbo aaryada( Hypothermia)**

- Waayeelka
- Caruurta
- Dadka shilka galay
- Dadka caafimadkooda fiicneyn sida dadka waalan ama wadna xanuunka qaba

**Ka hortaga Koolbo aaryada (Hypothermia)**

- Xiro dhar badan sida kuwa (suufka).
- Xiro Koofiyad.
- Engej/qaleel ahow.
- Iska ilaali dabeesha qabowga keenta.
- Cab waxa kulul sida shaaha.
- Ha cabin aalkolo.
- Hayso cuntada sida nafaqada sida(miro, tufaax,moos,iwn).
- Ogow: Koolbo aaryada waxay ka dhalata cimilada ah 30 iyo 50 degrees F.

**Calaamadaha Koolbo aaryada(Hypothermia)ivo digniinaha**

- Gargariir badan hadana istaaga mar-un ah
- Hadal,Socodka,iyo howsha oo kugu adkaata sida gacmaha
- Wareer ,feejignaan badan
- Neefta oo kugu yaraata
- Garaca halbowlaha oo yarada
- Daal badan
- Wajiga oo midabka badala
- Hurdo badan

**Daaweynta,Ka hortaga Koolbo aaryada (Hypothermia)**

- Waa inaad xasilloonataa ahaata.
- Hadaay neefsashada istaagta fadlan samee gar-gaarka deg-dega ah.
- La xiriir gar-gaarka deg-dega ah.
- Iska saar dharka qoyan kuna badal kuwa gallalan.
- Qofka ku dabool buste siiba madaxooda iyo qoorta.
- Ha siin unto kulul,cabitan, ama aalkolo.
- Qofka ka ilaali waaskada biyaha kulul ama qabeyska kulul.
- Ha uriixin si xoog badan.



## Qubashada Sunta khatar ah iyo Hoyga laga galo



Waxyaalaha koowad ee dadka la faro marka sunta khatarta ahi qubato waxaa ka mid ah. Waa inaad gashaan hoy amni ah adiga iyo reerkaada intaad guriga ku jirtaan. Tani waa taxadir la'idinku talagalay intaad guriga ku jirtaan.

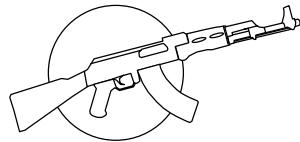
Waa lagula socodsiin haddii aay dhacdo qubashada weyn ee sunta khatarta ah. Waxaana kula socodsiin doona masuuliyiinta dowlada sida booliska, dabdamiska. Wakaalada xaladaha deg-degga ah waxay ka dhawaajin doonan firimbiga qeyliya marka masiiboyinka yimaadan. Waxaa kaloo suurta gal in lagu soo waco laguna faro talaaboyinka ku saabsan masiiboyinka ama samaacado lagaa faro talaaboyinka ku saabsan masiiboyinka. Waxaa kaloo suurta gal ah in wakiilo ka socda hay'adaha gar-gaarka kuu yimaadan. Hadaad maqasho firimbi qeylinaya waa inaad shidaa raadiyaha ama telefisyonka kana dhageysataa wixii war-bixin ah ee ku saabsan masiiboyinka.

Haddii lagu yiraahdo gurigaada ku jir waa inaad ku jirtaa, aadna sameysaa talaaboyinka soo socda.

- Gala guriga. Waa inaad guriga gashaan adiga iyo reerkaada iyo hadaad xaywaan lee dihiin. Intaad guriga galaysaana waa muhiim inaad sanka daboolataan si sunta aadan ugu neefsan. Sunta badankeed waxay geysataa dhibaatoyin waaweyn hadad ku neefsato. Marka waa inaad naftaada utaxadirtaa.
  - Dhageyso raadiyaha ama telefisyonka.
  - Biyo ka buuxi waaskada, caagaga waaweyn iyo dhalooyin. Ka dib waa inaad xirtaa tubada weyn ee guriga biyaha keenta. Waxaa suurto gal ah in biyaha oo dhan in sunta faddareyso marka keydiso biyaha sifeysan.
  - Xir albaabada iyo dirishidaha oo dhan. Xir daahyada si aad oga hortagtid haddii qarax yimaado.
  - Xir qolaalka aan la isticmaalin sida qolka keydka ,dharka lagu dhaqdo,ama qolalka aan la isticmaalin.
- Dami dhamaan marwaxadaha,kulaylka,qaboojiyaha iwm.
- Xir meesha qaaca ka baxo.
- Ka dhig guriga sijilaato ama malaaso hadday suurto gal tahay. Isticmaal kollada(duck tape) la yiraahdo kuna dhaji daloolada albaabada. Waxaad kaloo isticmaali kartaa bacda qashinka lagu qaado kuna dabool si xoogleh dirishada. Waxaad kaloo isticmaali kartaa shukumaan qoyan kuna dabool albaabka meesha ugu hooseysa.
- Reerkada iyo xayawaanadkiina waa inaad geysaa qolka ugu amni badan ama aaryo dibada kasoo gali karin. Qolkana wuxuu noqon karaa mid dhulka ka kacsan(ma la rabo qolka dhulka ugu hooseeya) dirishidahana aay ku yar yihiin. Sunta qaarkood waxay ka adag tahay hawada waxaana suurto gal ah in sunta soo gasho ayadoo dirishidaha xiran yihiin.
- Qaado raadiyahaada iyo qalabka masiiboyinka.
- Ku jir qolka guriga ugu amni badan hadana dhageyso raadiyaha iyo telefisyonka ilaa hawada ka sifooweyso ama inta lagaa daadgureenayo.



# Argagixisnimo



Waxa hoos lugu xusi doono waa akhbaar ku saabsan argagixisnimada.

**Hubka kiimikada ah**

- Waxaa dhalisaa argagaxis.
- Hubkani waxaa laga sameeyay uumi adag oo sun ah. Umigana ka adag hawada caadiga ah.Uumigan wuxuu beegsada qolalka hooseya ama garaashyada.
- Kuleel,qabow,iyo hawadaba wax ayee u dhintaa dhibaatoyinka ka imaan kara kiimikada sunta ah.
- Hadaad si xasilloonis uraacdo xeerarka udagan masiiboyinka waxaa suurto gal ah inaad ka badbaado.
- Hadaad waxaad ka shakido taabato ama aad aragto qof aad ka shakido wax 911 booliskana la socodsii.
- Raac talada booliska.
- Hadaan talo lagu siin ubax bananka kuna soco dhinaca hawada ka imaaneyso.
- Xasilloonow, tartiibna usoco (argagax heysku ridin haddii kale sunta ayaad aad ugu neefsaneysa.

**Talo-siinta sida leyskaga fiiriyo warqadaha shaki kaa galo-waxa loo bahan yahay inaad sameyso(Ka timid FBI)**

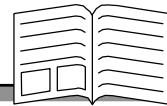
- Waa inaad iska fiirisa waxa kuu keeni kara dhibatooyinka
  - Ciwaan la'aan
  - Warqad laga soo diray wadan ajnabi ama mid farankabolo badan saran
  - Qoral si qaldan loo qoray
  - Fiiloyin ka soo jeeda
  - Warqad culeys badan, ama aan sineyn
  - Udgoon adag
  - Ciwaan qaldan ama magac qaldan
  - Warqad saliid leh,rinji kala du-duwan
  - Warqad sharooto badan ku xirxiran
  - Hadad ka shakido wac booliska 911
  - Goomi usaar, iska ilaali , ha lux luxin meelna haku dhufan.
  - Ha furin, ha urin, hana dhadhamin.

**Talo-siinta sida leyskaga fiiriyo warqadaha shaki kaa galo-waxa loo bahan yahay inaad sameyso(Ka US boostada)**

- Ha iskugu dhawaan hadad shaki ka galo.
- Usheeg horjoogaha.
- Gooni u saar warqada aad ka shakido, meeshana waa inaad xirta.
- Waa inaad qortaa dhamaan dadka taabtay warqada.
- Wac kormeeraha boostada-una sheeg dhamaan dadka warqada taabtay
- ( Kormeeraha yaana ogan karaya haddii aay dhibato ka iman karto)
- Dhamaan dadka warqadaas taabtay waa inay iska mayraan gacmaha aayna dharka aay xirnaayen bac aay ku ridaan.
- Sida ugu dhaqso badan waa inaad kaga qabeysataa.
- Su'aalaha waa inaad wacda the Center for Disease Control at (770)448-7100.
- Wasaarada Caafimadka waa in lala socod siiyaa.
- Wakaalada Gar-gaarka deg dega waa in lala socod siiyaa.

**Hubka Nukliyeerka**

- Hadaad aragto iftiin sida qoraxda oo kale:
  - Waa inaad dhulka jiifata.
  - Kuleylka wuu dhamaada ilbiriqsi ka dib.
  - Waxaa dhaca labo qarax(mid dibadda ayuu adaa,midna waa kan soo noqda)
  - Wax walba waxay dhamaadan ilaa labo daqiqo
  - Kuleyl,Shucaac iyo Jajabka guryaha iwm ee duulaya waxay dilaan dhamaan wixa ku nool agagaarka nus-mile(taas oo ku xiran qaraxa inta uu qasaro geystay).
  - Qaraxa waxaa kale uu saameyn karo waa wax yaalaha ku shaqeeya korontada sida telefonka,compuuterada,bankiga ama gawaarida.inta u dhaxaysa hal iyo labo mile.
  - Hadaad ka badbaado qaraxa hore waa suurto gal inaad noolato.
  - Ka dhaq cuntada shucaaca bustiisa.



Xaaladaha deg-dega waxay ka dhaci kartaa meelwalba ama saacad walba. Haddii aay dhacdana waxaa laga yaaba inaadan haysan waqtii aad si kadis ah oga jawaabtid. Haddii jidka weyn wax aay ku daatan ama Sunta Khatarta ah aay qubato waxaa laga yaaba in si kadis ah loo qaxo.

Dhulgariir,daad,ama Ufo baa laga yaaba inay kaa jaraan dhamaan waxa la adeegsado sida gaska, biyaha, korontada, ama telefonka ilaa dhowr maalmod. Waxaa kale oo suurta gal ah inaan booliska dabdamiska iyo gar-gaarka deg-degga ahi aysan shaqeen in mudo ah.

Haddii reerku qabo diyaar garow ku saabsan Masiiboyinka waxaa suurto gal iney la qabsadan haddii Masiibo dhacdo. Adiga iyo Reerkuna waa inaad ka fakirtaan diyaar garow guud ee ku saabsan Masiiboyinka iyo sida oga hortagi lahaa. Waxaa suurto gal ah inaad suuqa ka adeegan Karin mudada masiibada timado. Waa inaad barataa sida loo sameeyo gar-gaarka deg-dega waa intaas oo ubahataan waana inaad isticmaasha haddii dhibato dhacdo.

Diyaar-garowga reerku wuxu kala yahay qodobadatan:

**Suulinta(tirtirida) Waxyaalahu khatarta ah**

Waa inaad meel ku dhuujisaa dhaman armaajoyinka iyo hanta biyaha. Waa inaad dhulka ama meel hoose dhigtaa sheyyaasha culus oo dhan. Waa inaad sariirta ka dheereysa dirishadaha. Waa inaad hubisaa inaad wado laga baxo leedahay. Hadaad awoodo sawiro waa inaad ka qaada dhamaan qolalka guriga haddii aad ceymiska leedahay.

**Tababarka Reerka**

Waa in qof walba ee ka tirsan reerka inuu ogaada masuuliyada saran haddii xalad deg-deg ah timaado sida masiiboyinka oo kaleeto. Waa inaad heysataan qarabo magalo kale dagan aad idinka dhan wacdaan. Waa inaad hubisaa inaad wado laga baxo leedahay.

**Diyaargarowga ku saabsan caruurta iyo baahidooda**

Waa inaad hubisaa in qof walba ogyahay in caruurta laga soo qaado iskuulka ama xanaanada caruurta. Waad na inad hubisaa in iskuulka leeyahay diyaargarow guud ee ku saabsan masiiboyinka. Ogow: caruurta si sahan ayaa cilmi-nafsi ugu dhici karaa. Waa inaad caruurtada kala hadashaa dhibaatoyinka masiiboyin keenan. Waa inaad ku dadashaa in aay caruurta aaysan kaa baqin haddii aay rabaan qof aay masiibadaas kala hadlaan.

**Ogaanshaha gar-gaarka deg-dega**

Waa suurto gal inaad gar-gaar deg-deg ah aad adiga isku sameysaa,ama reerkaada ama qof shaqaale cafimaad ah.Waa muhiim inaad heysato gar-gaar deg-deg ah aadna ogaata sida loo sameeyo.

**Dadka gar-gaarka goonida ubaahan**

Waayelka ah,curyaanta,indhoolayaasha,ama dadka si sahlaneen ugu fakira gar-gaarka degdega ah. Waxaa dhici karta in loo bahdo daad gureen qaas ah ee ku saabsan dadkaan ama dawooyin qaas ah inaay u baahan yihiin.

**Diyaargareynta xayawaanka**

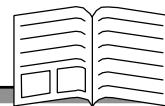
Waa inaad ku dartaa diyaargarowgaada guud dhaman xayawaanka aad leedahay. Waa inaad hubisaa in xayawaanka aay leeyihin aqoonsi.Waa inaad hubisaa in xayawaanka oo dhan ay leeyihin xariga lagu xiro. Ogow: Xayawaanka looma ogola hoyga dadka ka galaan masiiboyinka.

**Ogow sida loo damiyo korontada**

Ogow sida loo damiyo biyaha,shiidalka, iyo korontada maxaad guriga markaad imaaneyso. Boga 13 ayaad ka heli kartaa wixii dheerad ah ee ku saabsan dhinacan.

**Qalabka Masiiboyinka**

Waa inaad diyaargareysaa qalabka masiiboyinka haddii aay masiibo timado.Dukumentigaan dhigo meel aad usahlan haddii masiibo dhacdo boga 14 iyo 15 waxaad ka heli kartaa wixii dheerad ah ee ku saabsan dhinacan.

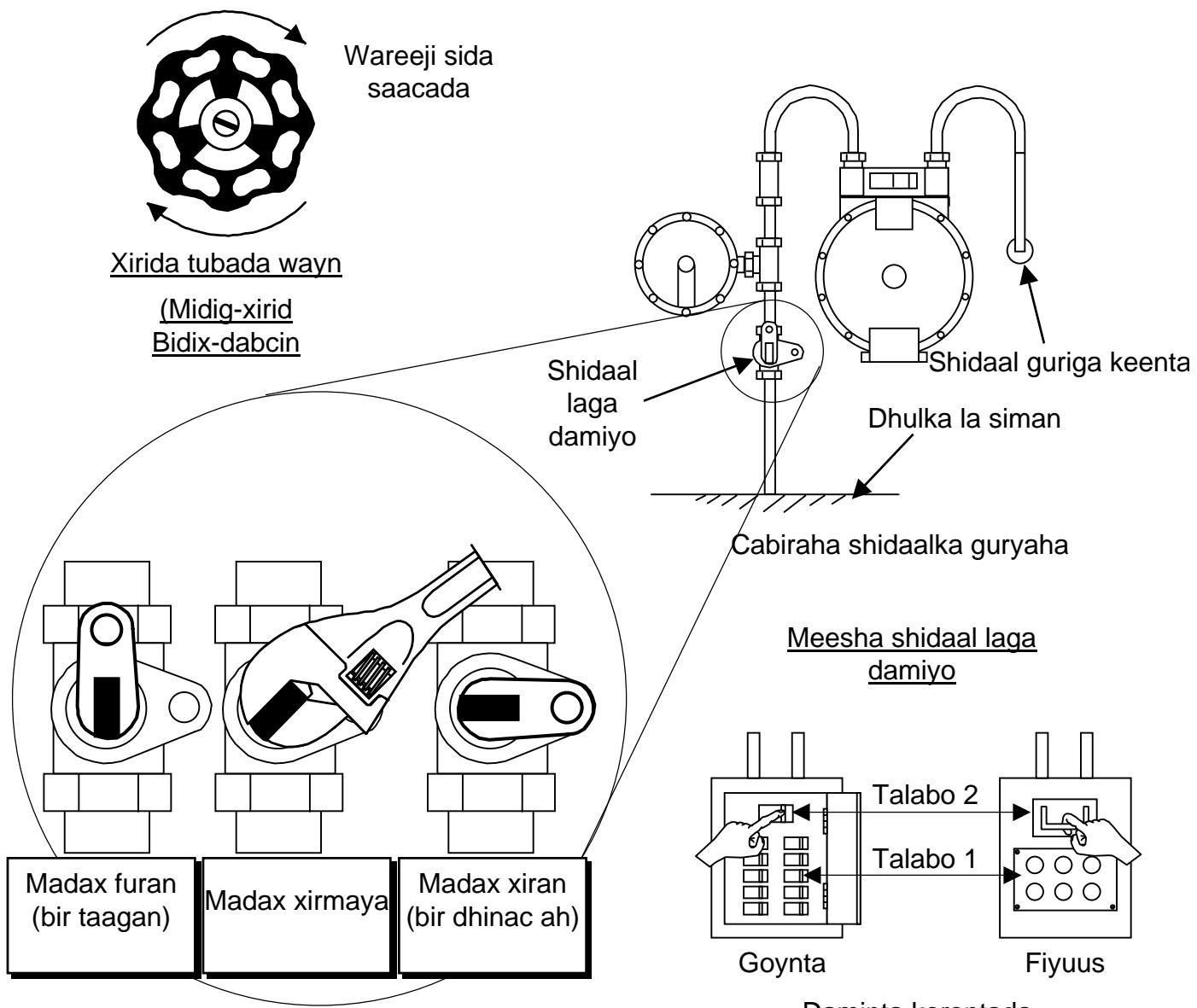


### **Damiska Korontada**

Ogow sida loo damiyo korontada, biyaha iyo shidaalka markaad guriga imaaneyso.

- **Korontada:** Mid walba ka dami dare-damiyaha ugoonida ah ama ka saar fiyuuska intaadan damin dare-damiyaha wayn.
- **Biyaha:** Guri walba wuxuu wataa tubo laga jaro biyaha dhan.
- **Shidaalka:** Shidaal furaha laga damiyo wuxuu inta badan ku yaal banaanka. Wuxuuna saaran yahay cabiraaga shidaalka. Ogow waxaa loo baahan yahay inaad isticmaasho kiyawo si aad shidaalka u xirto. Mar hadaad shidaalka xirto waxaa kaliya oo soo furi karaa shirkada shidaalka keenta. Hayska xirin shidaalka hadaadan urin shidaal. Hadaad su'aal qabto la xiriir shirkada Memphis Light Gas and Water ama shirkadaha shidaalka keena.

Tusaalaho hoos ku qoran wuxuu kuu mijinaya sida loo xiro shidaal ama biyaha guryaha.



Daminta korontada



## Qalabka loogu tala galay masiiboyinka



Akhbaarta hoos ku qoran waxay kaa caawineysa sidaad ugu diyaargarowi lahad haddii masiibo timaado. Qalabka waa inaad isku meel ku xireysaa haddii daad-gureyn timaado. Waxaad qalabka badankiis galin kartaa sanduuq ama bac.

### Gar-gaarka deg-degga aht

Gar-gaarka deg-degga ah waa muhiim qorsheysato. Hubso haddii gar-gaarka ku jiro qalabka lagu daaweyo dhawacyada culus sida dhiig-baxa ama jabniinka. Mala rabo dawooyinka dhawaca fudud kaliya. Waa inaad heysataa waxyaalaha hoosku qoran:

- |  |                          |                               |
|--|--------------------------|-------------------------------|
| (1) bac (bac shinyeer leh ama bac cuntada lagu rido) | (24) suuf                | (1) sharooto                  |
| (24) 3x3 or 4x4 suuf sifaysan                        | (24) suufka dhagaha      | (24) sharooto                 |
| (2) duub: suufka jiidma 2" ama 3" balarka            | (4) labo: gacmo gashad   | (2) antibiotic sharooto       |
| (12) Istiraasho sifaysan(dhiiga lagu joojiyo)        | (2) bacda qabow          | (1) cirtido(ka sar salinjada) |
| (2) duub: maro sharoto ah 1"balaran                  | (24) shukuman qoyan      |                               |
| (1) saddex-xaggalah sharootada (Kabmada)             | (1) dhalo: aspirin       | (1) bir-qaab                  |
| (12) balan-baris sharooto(xirta dhawaca)             | (1) gar-gaarka deg-degga | (1) manqas                    |
| (1) dhalo: Hydrogen peroxide                         | (1) cusbo                | (12) musmarka amniga          |
|  |                          | (1) dawo milix leh            |

### Biyaha

- Waa inaad keyd qof walba usamaysaa( ku xisaabtan ilaa saddax-maal mood). Biyaha waa inaad ku keydisaa dhalooyin aad qadan karto haddii daad-gureyn timaado. Badal keydkaada mudadiiba 3 ilaa 6 bilood.Waa fududahay hadaad qorto malinkad gadaneyso biyaha kuna qorto far-waaweyn. Waad isticmaali kartaa caagaga hore aad u isticmaashay lakin waxaa ka fiican kuwa cusub.
- Gado dhalada biyaha sifeysa ama kiniiniga sifeeyaa biyaha adigoo ka heli karaa dukaamada.Waxaad na dukaanta qaarkood ka heli kartaa dhalooyinka biyaha mudada haya.
- Hadaad gurigaada joogto waxaad kaloo isticmaali kartaa biyaha ku hara tubooyinka ama haanta biyaha kulaylisa.

### Cunto (3 maal-mood ku filan)

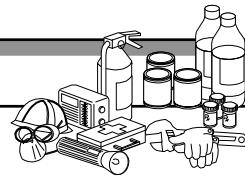
- udiyaargarow inaad cunto cuntada gasacceysan sida(hilibka,qudrada,iwm)
- Mida kale (caano qaleyl ah,maraq)
- cuntada nafaqada badan(lawska ,malmalaato,buskut iwm)
- cuntada goonida ah (caruurta,waayelka iwm)
- Mac-macaan(nac-nac adag,bunka,shaah)
- gasac furaha
- maacuun iyo suxunta cuntada lagu qado
- Aluminum foil
- Ku qor tariiqda bad-badalna 6 bilood mar

### Nadaafada

- 5 gal baaldi, dabool-leh lana furi karo
- Bacda jikooyinka la xiro
- Xaanshida mushqulaha
- Saabbuun
- Shukumaan
- Alabta haweynka
- Warankiilo (waay cawisa haddii meyd yimado)
- Badeel yar



## Qalabka loogu tala galay masiiboyinka



### Isticmaalka alabta goonida ah

- Cuntada caruurta, xafaayadaha.
- Maro(adag oo biyaha gudbi karin)
- Qalinka adag ee madow(ku qor wixii akhbaar ah)
- Warqada alifbeete ku socda (fariinta ku qoro)
- Bac yar oo shinyeer leh(farrinta ku rido)
- Sharooto adag
- Gacmo gashadka dadka weyn
- Mindi (Swiss Army ah)
- Xarig adag wax lagu duubo
- Kiyaawo shidaalka damiya (10” cabirkisa yahay )
- Maaskaro qofwalba
- Firimbi qolba jirta
- Sawiro reerka dhan ah(si aad isku heshaan)
- \$5 sarif ah (telefonka lagu isticmaalo)
- Kabriid
- Shumac
- Raadiyo yar
- Nalalka kiimikada
- Toosh
- Batari keyd ah
- Lambarka aad iskala xiriiri kartaan
- Buugags, turub, cayaraha caruurga
- Buste

Masiibo haddii goortay timaado waxaa suurto gal ah inaad shaqeyneyso ama gaariga wado. Hadaba waa inaad heysataa qalabka masiiboyinka gaarigana kuu saaran yahay. Haddii jidaadka ama buundooyinka wax-weyn ahi gaaran waxaa suurto gal ah inaad guriga usocoto. Waa inaad heysataa waxyaalaho hoosku qoran:

### Gaariga gar-gaarka deg-degga u ah

- Qalabka gar-gaarka deg-degga ah
- Gacmo gashad
- Bir yar
- Maaskaraha dabeesha
- Buste
- Maro(adag oo biyaha gudbi karin)
- Qalinka adag ee madow, warqad alifbeeto iyo bac shinyeel ah oo fariirta lagu rido
- Toosh batari keyd ah leh
- Sharooto adag
- Sawiro reerka dhan
- Firimbi (si hadhow laguu maqlo)
- Muraayad aad tilmaam ku bixiso
- Raadiyo yar
- Maro
- Dab-damiye
- Sarif telefoonka ah
- 2 qt biyo ah(bad-badal mar walba)

Waxaa qalabkaas kuusii dheer oo loo baahan yahay inaad soo qaadato alaabta aad maalin walba guriga ku isticmaasho. Hadaad awoodo alaabtan saaro meel aad ka qadan karto oo kuu fudud.

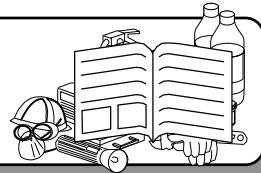
### Alaabta daad-gureynta aad u baahan tahay

- Dharka
- Jaakeetyada
- Jaakeetka roobka lagu tala galay
- Bir-yar wax lagu furo
- Dukumentiga muhiimka ah(qasnada la galiyo iyo meel aad ku abaarto)
- Daawooyinka
- Ookiyaale
- Indho/kuwa la gashto
- Ilkaha/kuwa la gashto
- Raadiyo-yar keyd batari leh
- Toosh keyd batari leh
- Makiinadda cuntada karisa ee yar
- Teendho
- Buste
- Lacag cad



Memphis and Shelby County  
Emergency Management Agency  
P.O. Box 111249  
Memphis, TN 38111

## Qeybinta iyo akhbarta ku saabsan masiibooyinka



### Food and survival supplies

Emergency Essentials  
362 S. Commerce Loop Suite B  
Orem, UT 84058-5119  
1-800-999-1863  
[www.BePrepared.com](http://www.BePrepared.com)

### Food, water, disaster kits

Survivor Industries, Inc.  
2585 Azurite Circle  
Newbury Park, CA 91320  
(800) 263-6818  
[www.survivorind.com](http://www.survivorind.com)

### Survival equipment

Brigade Quartermasters  
1025 Cobb International Dr NW STE 100  
PO Box 100001  
Kennesaw, GA 30144-9217  
1-800-338-4327  
[www.Actiongear.com](http://www.Actiongear.com)

### Military and adventure equipment

U.S. Cavalry  
2855 Centennial Ave  
Radcliff, KY 40160-9000  
1-888-888-7228  
1-800-777-7172  
[www.uscav.com](http://www.uscav.com)

### Gov't surplus, hunting, camping, outdoor supplies

The Sportsman's Guide/HQ  
411 Farwell Ave  
So. St. Paul, MN 55075-0239  
1-800-888-3006  
[www.SportsMansGuide.com](http://www.SportsMansGuide.com)

### Gas masks, shooting supplies

Cheaper than Dirt!  
2524 NE Loop 820  
Fort Worth, TX 76106-1809  
1-800-421-8047  
[www.CheaperThanDirt.com](http://www.CheaperThanDirt.com)

### Earthquake information book: No Such Thing as Doomsday

[www.nodoom.com](http://www.nodoom.com)

### Law enforcement, fire, first aid

Galls  
2680 Palumbo Dr  
Lexington, KY 40509-1000  
1-800-477-7766  
[www.Galls.com](http://www.Galls.com)

### Law enforcement and military equipment

Shomer-Tec  
Box 28070  
Bellingham, WA 98228  
360-733-6214  
[www.Shomer-Tec.com](http://www.Shomer-Tec.com)

### Non-electric living

Lehman's Hardware and Appliances, Inc.  
One Lehman Circle, PO Box 41  
Kidron, OH 44636  
1-817-438-5346  
[www.Lehmans.com](http://www.Lehmans.com)

### Disaster kits, first aid kits

Black Mountain Stores  
1721 N Texas  
Odessa, TX 79761-1226  
(915) 332-1053  
(915) 337-4325  
[www.survivalequipment.net](http://www.survivalequipment.net)

### Earthquake information: CERI (Center for Earthquake Research and Information – University of Memphis)

[www.ceri.memphis.edu](http://www.ceri.memphis.edu)

### Earthquake information: CUSEC (Central United States Earthquake Consortium)

[www.cusec.org](http://www.cusec.org)

### The Weather Channel (key in zip code at top of page)

[www.weather.com](http://www.weather.com)

### Governmental Agencies: EMA (Emergency Management Agency - Memphis and Shelby County)

[www.mscema.org](http://www.mscema.org)

### Governmental Agencies: FEMA (Federal Emergency Management Agency)

[www.fema.gov](http://www.fema.gov)